

# MENTAL HEALTH SERVICES



**AT LIFEWORKS HEALTH SERVICES WE HAVE A RANGE OF TAILORED MENTAL HEALTH SERVICES AND PROGRAMS TO SUPPORT YOUR STAFF AND IN TURN ENSURE THE PRODUCTIVITY OF YOUR BUSINESS.**

**Every workplace is different, and so ensuring your needs are met is our highest priority. We can tailor one-on-one or group sessions and workshops in the following areas;**

### **Meditation training**

Research has shown that those who meditate regularly experience better mood, concentration and memory with increased productivity, overall confidence and better stress management. Why not add a group meditation session to your work schedule which we can facilitate to your needs?

### **Mindfulness Based Stress Reduction Training**

Workplaces around the world are incorporating this training into their BAU given the undeniable benefits of learning these important skills. Great for all levels of an organisation with proven results in improving employees' mental health, resilience, performance and reduction in "burnout."

### **Emotional, health and wellbeing coaching**

Tailored sessions to facilitate overall health and improve communication skills, conflict resolution, stress management, resilience and workplace behaviour.

### **Mental health in the workplace**

A workshop to help staff better understand mental health, identify colleagues at risk of developing mental health conditions and strategies to support staff experiencing mental health concerns to ensure safe and effective workplace performance. This workshop can be run to all staff or tailored to management and their reports separately.

### **Outplacement and job transition support**

Individualised job preparation and job seeking support services for staff receiving redundancy or require support to shift into new employment. This can be a very daunting stage for anyone, and our tailored support can smooth the transition.

### **Executive coaching**

Personalised support to assist managers optimise their performance. Areas can include staff mentoring, agile leadership skills, creating work/life balance and empowering staff to achieve.

### **Suicide and high-risk training**

Training all staff how to flag and effectively manage high risk situations including those who might be at risk of suicide. As much as we don't want to think this might be needed in the workplace, suicide and high risk situations are becoming more and more common and staff should be equipped to manage effectively.

### **Effective communication training**

Beneficial for staff working with customers and stakeholders to improve communication, conflict resolution and foster good working relationships. This training package is also invaluable for fostering better working relationships amongst staff to boost morale and improve workplace culture.

### **Other services:**

- ✔ Psychological functional assessment
- ✔ Psychological assessment
- ✔ Psychological claims management
- ✔ Psychometric testing

Let our team conduct a workplace wellness check to tailor a wellness plan for your organisation to create your most well workplace.  
For more information call us on 1300 350 421.